



Super Filling Snack Bars



These snack bars are a perfect blend of protein, healthy fats, and fibre, making them a nutritious, filling and convenient snack for any time of the day. Or even for breakfast. Enjoy!



Prep: 15 min

Cook: 20-25 min



Beginner



Makes 12 bars

- 240g Greek yoghurt
- 180g rolled oats
- 60g mixed nuts (e.g., almonds, walnuts, pecans), roughly chopped
- 40g mixed seeds (e.g., chia seeds, flaxseeds, sunflower seeds)
- 60ml honey or maple syrup
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 75g dried fruit (e.g., raisins, cranberries, or chopped apricots), optional

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Method

1. Preheat your oven to 175°C (350°F).
2. Line a 20x20 cm (8x8 inch) baking pan with parchment paper, leaving some overhang to make it easier to lift out the bars later.
3. In a large bowl, combine the rolled oats, chopped nuts, mixed seeds, and ground cinnamon. If using dried fruit, add it to the bowl as well.
4. In a separate bowl, whisk together the Greek yoghurt, honey or maple syrup, and vanilla extract until smooth and well combined.
5. Pour the wet mixture into the bowl with the dry ingredients. Stir until everything is evenly coated and combined.
6. Pour the mixture into the prepared baking pan. Use a spatula or the back of a spoon to press it down firmly and evenly into the pan.
7. Bake in the pre-heated oven for 20–25 minutes, or until the edges are golden brown and the centre is set.
8. Remove the pan from the oven and let it cool completely on a wire rack. Once cooled, use the parchment paper overhang to lift the entire block out of the pan.
9. Place the block on a cutting board and cut into bars or squares of your desired size.
10. Store the bars in an airtight container in the refrigerator for up to one week. For longer storage, you can freeze them for up to three months.

Allergen Information

Contains: Dairy, Nuts,
Seeds and Gluten